INSTAKETO

50 EASY KETOGENIC RECIPES FOR INSTAPOT LOVERS

LISA J. BROWN

50 RECIPES

TABLE OF CONTENTS

INTRODUCTION 3

BOOK DESCRIPTION 4

CHAPTER 1: BRIEF OVERVIEW OF THE KETOGENIC DIET 6

What Is the Ketogenic Diet? 7

Types of Ketogenic Diets 8

The Health Benefits of a Ketogenic Diet 8

Why Can the Ketogenic Diet Make You Lose Weight Fast? 8

Tips for a Successful Ketogenic Journey 9

Foods Avoided / Foods Allowed 10

Tips for Eating Out 12

CHAPTER 2: EVERYTHING YOU NEED TO KNOW ABOUT THE Instant Pot 13

What is an Instant-Pot 14

What Benefits Can You Get from anInstant Pot 14

Types of Instant Pot Available 15

Do's and Don't of an Instant Pot 16

Preferences of Using Instant Pot 17

Tips and Tricks for Using Instant Pot 18

Maintaining the Instant Pot 19

CHAPTER 3: BREAKFAST AND BRUNCH RECIPES 20

1. Greek Style Frittata with Spinach and Feta Cheese 21

2. Nut and Zucchini Bread 22

3. Cheddar and Cauliflower Bake 23

4. Ham and Cheese Broccoli Brunch Bowl 24

5. Zucchini and Spinach with Bacon 25

6. Pepperoni Pizza with Meat Crust 26

7. The Better Quiche Lorraine 27

8. Spinach and Sausage Pizza 28

9. Eggplant and Sausage Bake 29

10. Three-Cheese Artichoke Hearts Bake 30

CHAPTER 4: MEAT DISHES 31

11. Butcher Style Cabbage Rolls – Pork and Beef Version 32

12. One-pot Oriental Lamb 34

13. Mediterranean Meatloaf 35

14. Moderate BBQ-ish Ribs 36

15. Steak and Salsa 37

16. Hamburger Pot Roast with Turnips 38

17. Beef Stew 39

18. Straightforward and delicious Chicken Stew 40

19. Steak Goulash 41

20. One-Pot Chicken and Green Beans 42

ownload your 30 Day Keto Meal Plan to lose weight fast, to be free from the fear and agony of dangerous, life-threatening chronic illnesses.

CHAPTER 5: SEAFOOD RECIPES 43

21. Spaghetti Squash with Shrimp Scampi 44

22. Coconut Cilantro Shrimp Curry 46

23. Natural Lime Ginger Salmon 47

24. Garlic Smoked Paprika Shrimp 48

25. Creamy Artichoke and Shrimp Dip 49

26. Rosemary Capers Salmon 50

27. Salmon Poached in White Wine and Lemon 51

28. Mediterranean Fisherman One-Pot Meal 52

29. Catalan Shrimp Dish 53

30. Shrimp ala Pimiento Appetizer 54

CHAPTER 6: SIDE DISHES 55

31. Balsamic Brussels sprouts with Pecans 56

32. Braised Kale and Eggplant 57

33. Flavorful Bacon and Brussels Sprouts 58

34. Eggplant and Olives - Caper Puree 59

35. Pounded Cauliflower with Sour Cream 60

36. Pearled Cabbage and Bacon Crumble 61

37. Savoy Cabbage with Rosemary and Nuts 62

38. Stewing pot Summer Veggies Side Dish 63

39. Simmered Vegetables Side Dish 64

CHAPTER 7: SOUPS 65

40. Ground Beef Zucchini Soup 66

41. Yummy Chicken Vegetable Soup 67

42. Kale Turkey Soup 68

43. Creamy Tomato Basil Soup 69

44. Creamy Coconut Tomato Curried Soup 70

45. Creamy Cauliflower Curried Soup 72

46. Creamy Mushrooms Soup 72

47. Garlic Butter Sauerkraut Soup 74

48. Creamy Asparagus Soup 75

49. 4 Ingredients Chicken Soup 76

50. Bacon Chicken Leek Soup 77

CONCLUSION

All product and company names are trademarks™ or registered® trademarks of their respective holders.
Use of them does not imply any affiliation with or endorsement by them.

INTRODUCTION

The principle volume of the recipes in this book comprises various vegetables, fats, proteins, minerals, and vitamins. The motivation behind this book is to provide delicious and easy instant pot recipes to enhance a keto eating program.

BOOK DESCRIPTION

This eye-opening book is just for those who are gaining weight and are ready to transform their bodies entirely using the Ketogenic diet. Maybe it took you years of slow weight gain to reach your current weight – reverting to your previous lifestyle will result in a gradual return to this burden. If you do not achieve the knowledge you need to keep the weight off, then weight loss will forever be a rollercoaster. There will be periods in your life when you are at your ideal weight, and those years will be full of fun and joy, but eventually, that pressure will return unless you follow this guide **KETOGENIC Instant Pot COOKBOOK: 50 HEALTHY AND TASTY KETOGENIC INSTANT POT RECIPES.**

Many guides are going to offer advice and suggestions on what you can do to lose weight, but many of them are unsafe, provide the wrong information, and are just too hard to follow for the long term. This cookbook is second to none, and my advice

to you is that you read through this guide and act immediately I am sure it will help transform your body completely.

BOOK DESCRIPTION

This guide explores how to make the ketogenic diet work best for your weight loss needs. It brings up the critical issue of weight loss by explaining how to get started with the ketogenic diet and how to make ketogenic diet recipes at home.

Many are changing their lifestyle to a ketogenic one for the vast benefits that it offers. This lifestyle eco-friendly and supports our environment too. It has a huge impact. The people around you will also be influenced by this, hence making this the best change that you can do. Apart from being the best lifestyle that is there to be, it is also comparatively cheaper than the other lifestyles.

Read through this guide and I bet you will contact me and share your success.

CHAPTER 1:
BRIEF OVERVIEW OF THE KETOGENIC DIET

WHAT IS THE KETOGENIC DIET?

The ketogenic program was developed in the 1920s when it was utilized remedially as an appropriate and drugless treatment for children and diabetics. Afterward, around the 1990s, it started gaining notoriety because of Hollywood filmmaker Jim Abrahams using it for his child, advancing its reach with the assistance of Meryl Streep in the 1997 TV motion picture called First, Do No Harm.

Essentially, along these lines of eating limits the day by day utilization of sugars from every single conceivable source to close to 50 net grams. The lower, the better. The explanation behind this is to coordinate the body, in its journey for vitality, to supplant the utilization of starches with the ketones created by the liver.

When you are on a ketogenic diet, you eat low carb and high-fat food. By eating that sort of food, your body will be in Ketosis. At the point your body reaches ketosis, your liver will create ketones which are changed by fats in your body. That implies your body will utilize fats as your fuel source, at that point your fat rapidly will burn off until you achieve your fat loss objective. Generally our primary fuel source is from carbs, however, if we are overweight, we need to consume our fats. At that point we can assume a ketogenic program, eating low carb and high-fat foods, so our fats will be

the fuel source, and our body fat will decrease step by step.

TYPES OF KETOGENIC DIETS

Maybe names like Standard Ketogenic Diet, or Targeted Ketogenic Diet, or Cyclical Ketogenic Diet sound to some degree recognizable to you yet you never thoroughly researched the subject. There are distinctive sorts of ketogenic diets. What's more, they fill another need. We will worry about the eating regimen which is intended to help you with quick and feasible weight reduction – the Standard Ketogenic Diet.

Note of alert: If you have restorative issues, for example, Type 2 diabetes or hypertension, it is prudent to work closely with your health care provider ideally from the outset of adopting the ketogenic plan.

THE HEALTH BENEFITS OF A KETOGENIC DIET:

- You shed pounds quick.
- You have stable vitality levels.
- You increase your mental concentration and clear your mental fog.
- You appreciate expanded continuance.
- You don’t feel hungry anymore.
- You enhance your blood profile.
- You diminish or dispense with your diabetic drugs.
- You control your blood pressure without medication.
- You decrease of your insulin resistance.

WHY CAN THE KETOGENIC DIET MAKE YOU LOSE WEIGHT FAST?

As we said when on a ketogenic plan, your body is running for the most part on fat. The keto diet targets the fat stored in your body, subcutaneously. The keto plan motivates your body to burn this fat. The procedure is entirely necessary and direct: when you don’t supply your body standard fuel, the starches, your brilliant body utilizes what it has stored – the fat. At that point, you will burn fat rapidly.

TIPS FOR A SUCCESSFUL KETOGENIC JOURNEY

1. Remember that your body needs around 2 weeks to adapt and adjust to your new eating style.
2. Even though you can eat out and maintain eating the ketogenic meals, it will be considerably less demanding if you make the vast majority of your meals at home, and this cookbook will help you to do it splendidly.
3. You won’t be as hungry on the keto plan. Carbs are what spikes your cravings.
4. In the meantime, you don’t have to check calories.
5. Set yourself up rationally for the eating plan by teaching yourself well ahead of time.
6. Dispose of undesirable food enticements.
7. Stock your kitchen well with the alluring items.
8. Supply your kitchen with the instruments you have to plan delightful dinners.

FOODS AVOIDED/ FOODS ALLOWED

Avoided	Allowed
Wheat Rye Rice Potatoes Sugar Bread Sweets Cakes Milk Cereals Pasta Beans Oats Peas Parsnips Corn Processed sausages Hot dogs Honey Carrots Beer Sweet liquor Soda Fruit juice Fruits High-fructose corn syrup Dried fruits Pistachio Cashew Candy bars Aspartame Diet Soda Lattes Ice Cream Jello with sugar Jello with aspartame Milk chocolate White chocolate	Meat Fish Eggs Cheese Butter Lard Cream and sour cream Olive oil Coconut oil Cold pressed oils Nuts – almonds, walnuts Avocados Sunflower seeds Pumpkin seeds Flax, chia seeds Zucchini Celery Squash Cabbage Broccoli Cauliflower Brussels sprouts Green beans Kale Spinach Lettuce Cucumber Tomatoes Eggplant Onions Peppers Mushrooms Berries Water Tea and black coffee Dry wines Dark chocolate 70% cocoa Stevia, Erythritol, Swerve

TIPS FOR EATING OUT

When you are eating out, choose foods from the right side of the list above.

Don’t overdo the protein foods, even if they are allowed.

CHAPTER 2:
EVERYTHING YOU NEED TO KNOW ABOUT THE INSTANT POT

WHAT IS AN INSTANT-POT?

On the off chance that you read the title of this book precisely, you realize that in

it, the ketogenic recipes are made using an Instant Pot . The Instant Pot is a slow- cooker, rice cooker, and yogurt maker all in one. You manage heat and cooking time through a control pad on the outside of the Instant Pot. This flexibility allows you to use crock-pot or oven top recipes in the instant-pot. Learn to expect the unexpected when using the instant-pot . The dinners you cook with an instant-pot are flavorful and fragrant – precisely like the ones our grannies were making.

WHAT BENEFITS CAN YOU GET FROM AN INSTANT-POT?

The primary advantages are the delicious and healthy dinners easily prepared and ideally cooked in the instant-pot. The instant-pot gives you additional opportunity to do your most loved things, to make up for lost time with a companion, to take a stroll with somebody you cherish or unwind with some tea and a book. Since you don’t have to always watch over your dish, there are no spills to clean, no consumed pots, and no preparing disappointments.

Likewise, you can set your ingredients in the instant-pot at night, and when you get up in the morning, your breakfast will be prepared and ready for you. Or your home- cooked office lunch, or perhaps your Sunday early lunch, or your cookout take away. Maybe you arranged everything the night before and placed it in the refrigerator, and in the morning you take out the dish heat it up with your instant-pot and go about your morning routine. And when you get home – voilà! As though by magic, your excellent meal is prepared for your family or visitors to appreciate.

TYPES OF INSTANT-POTS AVAILABLE

There are many Instant Pot out there. Consider the size and the cost. How many mouths do you need to feed? How much money are ready to spend? Instant Pot come in 3, 6 or 8 quarts. We have developed the recipes in this book for the 6 to 8-quart instant-pot. But can be easily modified for the smaller size.

Your Instant Pot comes with manufacturer instructions. You should follow them before starting any recipe. An essential safety tip is never to fill it to more than seventy-five percent of its volume and never utilize it at less than half-full.

DO'S AND DON'TS OF AN INSTANT POT

Pick your meat precisely – you require less expensive, fattier, harder cuts of meat, similar to pork shoulder or chicken thighs because the thin, costly slices tend to wind up noticeably excessively dry. Cooking lean chicken ought to be constrained to 5 hours on low.

1. Abstain from opening the cover amid the cooking procedure. Each time you look in the pot, you lose warmth and steam. If you totally should open the simmering pot, keep the top off for the briefest conceivable time.

2. Be mindful including wine or other liquor since cooking with an Instant Pot does not reduce the alcohol content in a recipe. Dark alcohol may discolor meat pieces, mix them in another pot on the stove and afterward deglaze the skillet with wine.

3. The nearer the ingredients are to the warming component, the quicker it will cook. So when you begin layering your dish, put the root vegetables, on the base of the simmering pot.

4. Dairy items tend to separate in high temperatures, so include them toward the end of the cooking time.

5. Soup can be homemade, already prepared, or you may use bouillon to make a base. The fluid left in the pot after cooking can be decreased on the stovetop and utilized as a sauce.

6. Test your meats with a food thermometer when they are finished

cooking in the instant-pot.

PREFERENCES OF USING INSTANT-POTS

Instant Pot are popular kitchen appliances. They offer flexibility and ease of preparation allowing you to put a recipe together, let it cook and walk away to do other things. There are many advantages to using an Instant Pot to make healthy, ketogenic meals.

- They are better for cooking less expensive cuts of meat: Meats that accompany connective tissues are cooked better in Instant Pot. They can be stewed to make more delectable dishes. By utilizing Instant Pot, you can make heavenly suppers without the need to purchase expensive cuts of meat.
- Food doesn’t spoil: Instant Pot allow you to control your cooking temperature and sense when liquid is low or being overcooked and will adjust the controls accordingly.
- Brings out the full flavor of food: Food cooked at a low temperature for some time tends to be full of flavor compared to those prepared in conventional cooking strategies. On the off chance that you are cooking goulashes, stews, soups, and one-pot dinners, they taste superior to meals prepared on the stovetop.
- Uses less power: An Instant Pot does not consume excessive energy. Using an instant-pot will save money on your electric bill regardless of the possibility that it is running for an extended amount of time.

TIPS AND TRICKS FOR USING INSTANT POT

Cooking with an Instant Pot is simple. You can improve your Instant Pot recipes by following these tips. The following are quick tips that you have to figure out how to streamline the use of your Instant Pot:

- Do not use excessive liquid: Since there is little evaporation when cooking in an Instant Pot, you don’t have to add a lot of liquid to your recipe. An excessive amount of liquid reduces the ability of the Instant Pot to reach the desired temperature and cooking functions.
- Never overfill the Instant Pot: Do not stuff the Instant Pot with various ingredients. Most Instant Pot should be 2/3 full. If you find you need to make larger meals select the 8-quart model or make ahead additional servings.
- Always keep the top on: Never fight the temptation to remove the cover to check your recipe. Opening the cover allows the heat to escape and changes the cooking time.

MAINTAINING THE INSTANT POT

- Always clean the Instant Pot when it is unplugged.
- Follow the directions for your model.
- Clean after each use.
- Never immerse the base of the Instant Pot – the part containing the electric warmer – in water.
- If there are some solidified spills, use the tips below:
  - Soak or douse the spot until it softens and can be wiped clean.
  - Do not utilize harsh chemicals; use dish-washing fluid or distilled white vinegar.
  - Try to “cook” the spot away using a blend of vinegar and water for a few hours on high setting

CHAPTER 3:
BREAKFAST AND BRUNCH

Greek Style Frittata with Spinach and Feta Cheese

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 20 Minutes

DIRECTIONS

1. Add the spinach, warm for 2 minutes.
2. In a separate bowl, beat the eggs, yogurt, and flavoring. Mix well.
3. Include the peppers and the onion blend. Mix.
4. Crumble the feta cheddar with a fork, add it to the frittata.
5. Coat the base and sides of a round baking dish with butter. Pour the egg mixture into the dish. Wrap aluminum foil around outside of dish to cover completely.
6. Pour water into the pot of your pressure cooker. Set your pressure cookers steamer rack over the water. Gently lay the pan onto the rack.
7. Seal lid on pressure cooker and turn the steam valve to Sealing. Select Pressure Cook to High Temperature, press Pressure Level to choose High Pressure, and use the “+” and “-” buttons to adjust cook time to 10 to 15 minutes.
8. Once the cycle has completed, turn the steam valve to Venting to Quick Release pressure.

INGREDIENTS

- 2 cups of spinach, chopped
- 8 eggs, lightly beaten
- 1 container plain yogurt
- 1 small onion, cut into small pieces
- 2 red peppers, chopped
- 1 garlic clove, minced
- 1 cup crumbled feta cheese
- 2 Tbsps butter softened
- 2 Tbsps olive oil
- Salt and pepper to taste
- 1 Tsp dried oregano

NUTRITIONAL

CALORIES:
203

PROTEINS:
18g

Nut and Zucchini Bread

SERVES: 10
PLANNING TIME: 10 Minutes
COOKING: 60 Minutes

DIRECTIONS

1. Shred the zucchini and ground the walnuts.
2. In a bowl, beat the eggs, oil, and vanilla together.
3. Add the dry ingredients to the wet blend.
4. Fold in the zucchini and walnuts.
5. Prepare a cake pan with non-stick cooking spray. Pour the batter into the cake pan.
6. Cover the top of the pan with foil.
7. Pour 1 cup of water into the bottom of the Instant Pot. Place the springform pan on top of the trivet and lower the trivet and pan into the bottom of the Instant Pot.
8. Cover the Instant Pot. Press the manual button and set the timer for 60 minutes on high pressure. Set the valve to sealing.
9. When the timer beeps move the valve to vent. Carefully remove the trivet and pan from the Instant Pot. Let the bread/cake sit for 10 minutes. Remove the foil and serve warm or cold.

INGREDIENTS

- 2 cups chopped zucchini
- ½ cup ground walnuts
- 1 cup ground almonds
- 1/3 cup coconut pieces
- 2 Tsps cinnamon
- ½ Tsp baking soda
- 1 ½ Tsps baking powder
- ½ Tsp salt
- 3 eggs
- 1/3 container softened coconut oil
- 2 Tsps vanilla

NUTRITIONAL

CALORIES: 192

PROTEINS: 5g

Cheddar and Cauliflower Bake

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 15 Minutes

DIRECTIONS

1. In a heatproof bowl, mix all ingredients together.
2. Cover the bowl with aluminum foil.
3. Place 1-1/2 cups of water in the Pressure Cooker, and put in
a trivet. Place the covered pot on the trivet.
4. Set your Pressure Cooker to 5 mins at High Pressure, and allow it to release pressure naturally for at least 10 minutes.
5. Heat the oven broiler and place the cooked cauliflower under it, and broil until the cheese is brown and bubbling. Serve immediately.

Good for early lunch with a couple of cherry tomatoes and avocado cuts.

INGREDIENTS

- 1 head cauliflower, cut into florets
- ½ cup cream cheddar
- ¼ cup whipping cream
- 2 Tbsps butter
- 1 Tbsp fat (or butter, on the off chance that you lean toward) to oil the stewing pot
- 1 Tsp salt
- ½ Tsp crisp ground dark pepper
- ½ cup yellow cheddar, Cheddar, shredded
- 6 cuts of bacon crisped and disintegrated

NUTRITIONAL

CALORIES:
292

PROTEINS:
11g

Ham and Cheese Broccoli Brunch Bowl

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 35 Minutes

DIRECTIONS

1. Combine all ingredients into a greased casserole dish.
2. Pour 1-1/2 cups of water into the bottom of the pressure cooker. Place a trivet in the Instant Pot.
3. Place the casserole dish into the Instant Pot on top of the
trivet.
4. Place the lid on top of the Instant Pot and make sure that the pressure release valve is set to sealing. Select the pressure cook setting and set the time for 25 minutes. When the
cook time is up, turn the Instant Pot off or unplug it. Allow the Instant Pot to depressurize naturally for 10 minutes then turn the pressure release valve to venting to release the remaining pressure.
5. Carefully remove the casserole from the Instant Pot and allow the casserole to stand for ten minutes before serving.

Serve with tomato slices and black olives.

INGREDIENTS

- 1 medium head of broccoli, chopped
- 4 cups vegetable juice
- 2 Tbsps olive oil
- 1 Tsp mustard seeds, ground
- 3 garlic cloves, minced
- Salt and pepper to taste
- 2 cups cheddar, shredded
- 2 cups ham, cubed
- Squeeze of paprika

NUTRITIONAL

CALORIES:
219

PROTEINS:
25g

Zucchini and Spinach with Bacon

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 20 Minutes

DIRECTIONS

1. In a dish, warm the olive oil, dark colored the bacon for 5 minutes. Break it in pieces in the bowl.
2. Place remaining ingredients, except the spinach in the instant pot. Cover your instant pot, set the vent to 'sealing,' select the soup button, select high pressure and set the timer to 12 mins.
3. When done allow the pot to undergo natural pressure release for 5 mins, switch off, open and stir in the spinach to wilt.

Serve as a side dish with any meat

INGREDIENTS

- 8 slices of bacon
- 1 Tbsp olive oil
- 4 medium zucchini, cubed
- 2 cups baby spinach
- 1 red onion, diced
- 6 garlic cloves, thinly sliced
- 1 cup chicken soup
- Salt and pepper to taste

NUTRITIONAL

CALORIES:
179

PROTEINS:
13g

Pepperoni Pizza with Meat Crust

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 10 Minutes

DIRECTIONS

1. In a bowl, combine the meat, garlic, onions, salt and pepper.
2. Saute meat mixture in the instant pot.
3. Add the cheddar cheese to then pot.
4. Add the pizza sauce, mozzarella cheese, and pepperoni and stir well.
5. Finally, secure the Instant Pot lid, press the stew setting and
cook for 10 minutes. Quick release.

Serve with cucumber cuts sprinkled with fresh hacked dill, Himalayan salt, and olive oil.

INGREDIENTS

- 2-1/2. pounds lean ground meat
- 2 garlic cloves, minced
- 1 Tbsp onions
- Salt and pepper to taste
- 2 cups shredded mozzarella
- 1-¾ cups sugarless tomato sauce
- 2 cups shredded yellow cheddar cheese
- ½ cup sliced pepperoni

NUTRITIONAL

CALORIES:
552

PROTEINS:
46g

The Better Quiche Lorraine

SERVES: 8 PLANNING TIME: 5 Minutes COOKING: 45 Minutes

DIRECTIONS

1. Set the Instant Pot to the medium saute setting. Chop up the bacon slices and fry until crisp. Set the bacon aside on a paper towel.
2. In a mixing bowl whisk together the eggs and cream.
3. Grease the inside of a 6 inch cake pan. Add 1 cup of the shredded cheddar cheese.
4. Crumble the cooked bacon then add it into the cake pan.
5. Pour the egg batter into the cake pan.
6. Place the steam rack inside of the pressure cooker and add 1 cup of water. Carefully lower the cake pan inside of the Instant Pot and place on top of the steam rack.
7. Lock the Instant Pot lid then select high pressure, and set the timer for 25 minutes. When it's done cooking let it sit for 10 minutes before performing a quick pressure release.
8. Carefully remove the cake pan from the pressure cooker. Pat any water off the top with a towel.
9. Top with the 1/3 cup of shredded Swiss cheese. Place under a broiler for 5-10 minutes or until the cheese has browned a bit.
10. Garnish and serve

INGREDIENTS

- 1 Tbsp butter
- 10 eggs, beaten
- 1 cup cream
- 1 cup cheddar cheese, shredded
- 1/3 cup of Swiss cheese, shredded
- Squeeze crisp ground dark pepper
- 10 segments of cooked bacon, crumbled
- ½ cup fresh spinach slashed

Serve with tomato slices, fresh parsley

NUTRITIONAL

CALORIES: 314

PROTEINS: 15g

Himalayan salt, and olive oil.

NUTRITIONAL

CALORIES:
314

PROTEINS:
15g

Spinach and Sausage Pizza

SERVES: 8 PLANNING TIME: 5 Minutes COOKING: 30 Minutes

DIRECTIONS

1. Turn on pot to the Sauté setting. Add the olive oil, hamburger, pork, garlic and onion. Cook until the meat is cooked through.
2. Add spinach, black olives, sun-dried tomato and additional onions, salt and pepper to taste.
3. Stir the mixture scraping the bottom of the pot to deglaze (get up any browned bits).
4. Pour the tomato sauce over the mixture and cover it completely. Do not stir.
5. Cancel the Sauté function. Put the lid on the pot and turn the steam release knob to the Sealing position. Press the Pressure Cook (Manual) button or dial, and then the +/- button or dial to select 4 minutes.
6. When the cook cycle is finished, do a Quick Release of the pressure/steam by turning the steam release knob to the Venting position.
7. When the pin in the lid drops down, open the lid and stir the pasta. Stir in half of the cheese and 3/4 of the pepperoni.
8. Stir in olives, if using, or any other add-ins you'd like.
9. Sprinkle the remaining cheese on top and arrange the remaining pepperoni on top of the cheese. Close the lid and let the cheese melt.
10. Serve from the pot or transfer to a casserole serving dish.

INGREDIENTS

NUTRITIONAL

CALORIES:
89

PROTEINS:
30g

- 1 Tbsp olive oil
- 1 cup lean ground hamburger
- 2 cups pork sausage
- 2 garlic cloves, minced
- 1 Tbsp cooked onions
- Salt and pepper to taste
- 1-¾ cups sugar-free tomato sauce
- 3 cups spinach
- ¼ jar sliced black olives,
- ¼ cup sun-dried tomatoes
- ½ cup onion
- ½ cup cut pepperoni
- 3 cups shredded mozzarella

NUTRITIONAL

CALORIES:
89

PROTEINS:
30g

Eggplant and Sausage Bake

SERVES: 8 PLANNING TIME: 5 Minutes COOKING: 8 Minutes

DIRECTIONS

1. Turn on pot to the Sauté setting. Add the olive oil, sausage, Worcestershire sauce, and mustard.
2. Top with the eggplant and tomatoes.
3. Stir the mixture scraping the bottom of the pot to deglaze (get up any browned bits).
4. Pour the tomato sauce over the mixture and cover it completely. Do not stir.
5. Cancel the Sauté function. Put the lid on the pot and turn the steam release knob to the Sealing position. Press the Pressure Cook (Manual) button or dial, and then the +/- button or dial to select 4 minutes.
6. When the cook cycle is finished, do a Quick Release of the pressure/steam by turning the steam release knob to the Venting position.
7. When the pin in the lid drops down, open the lid and stir the pasta. Stir in the cheese.
8. Close the lid and let the cheese melt.
9. Serve from the pot or transfer to a casserole serving dish.

INGREDIENTS

- 2 cups eggplant, cubed and salted
- 1 Tbsp olive oil
- 2-1/2 pounds of pork sausage
- 1 Tbsp Worcestershire sauce
- 1 Tbsp mustard
- 2 general jars Italian diced tomatoes
- 1 jar of tomato sauce
- 2 cups mozzarella cheese, shredded

NUTRITIONAL

CALORIES: 591

PROTEINS: 15g

Enjoy for simple breakfast with sliced avocado.

NUTRITIONAL

CALORIES:
591

PROTEINS:
15g

Three-Cheese Artichoke Hearts Bake

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 4 Minutes

DIRECTIONS

1. Place all of the ingredients, except for the Parmesan and Swiss cheeses, into the Instant Pot.
2. Seal the lid and make sure that the vent is also sealed. Set it to the pressure cooker, and set the timer for four minutes.
3. Once the timer is up, perform a manual release.
4. Add the cheeses into the instant pot and stir until everything
is melted and gooey.
5. Serve right away with something for dipping.

Serve with nut wafers and cherry tomatoes.

INGREDIENTS

- 1 container cheddar cheese
- ½ bottle dry Parmesan cheese
- 1 cup cream cheese
- 1 cup spinach, cleaned
- 1 clove of garlic, minced
- 1 jar artichoke hearts
- Salt and pepper to taste

NUTRITIONAL

CALORIES:
162

PROTEINS:
10g

CHAPTER 4:
MEAT DISHES

Butcher Style Cabbage Rolls – Pork and Beef Version Pt. 1

SERVES: 6 PLANNING TIME: 20 Minutes COOKING: 33 Minutes

DIRECTIONS

1. Cut out the stalk of the cabbage head and place in boiling water. Remove the leaves and spread them out to stuff them with the meat mixture.
2. Chop the meats into little pieces; put them in a blending dish.
3. In a bowl, warm the olive oil. Sauté the onion, the pepper, and the mushrooms for 5 minutes, cool them in the container and add to the meats.
4. Include the flavoring, blend well with your hands.
5. Isolate 8-10 leaves of cabbage, lay every one level, cut the thick piece of the stalk and stuff the leaf with around 2 Tbsps of meat blend. Roll and set aside until the point when meat blend spent.

CONTINUE ON NEXT PAGE

INGREDIENTS

- 1 huge head of white cabbage – 3 pounds
- 1 ¾ cups ground meat
- 1 ¾ cups ground pork
- 1 sweet onion, chopped
- 1 red pepper, chopped
- 1 cup mushrooms chopped
- 2 Tbsps olive oil
- 1 cup beef bullion
- ½ cup sour cream
- Salt and pepper to taste
- 1 Tsp ground cumin

Butcher Style Cabbage Rolls – Pork and Beef Version Pt. 2

DIRECTIONS (CONTINUED)

6. Place the rack in the bottom of the pressure cooker. Pour in 1 cup water. Place 7-8 cabbage rolls on the rack. Cover the rolls with about 1/3 of the sauce. Add a second layer of rolls to the pressure cooker, alternating the direction of the second layer. Pour the bullion over the top of the rolls. Make sure not to overfill the pressure cooker.
7. Lock the lid in place, choose High pressure and set 18 minutes cooking time. When the beep sounds, turn off the pressure cooker, unplug it, wait for 15 minutes, then use Quick Pressure to release any remaining steam.
8. Gently remove the cabbage rolls from the pressure cooker to a platter.
9. Serve the sour cream and cumin sauce over the cabbage rolls.

Serve with tomatoes cut into rounds and sprinkle with crisp slashed coriander leaves, coarse salt, and olive oil.

NUTRITIONAL

CALORIES:
291

PROTEINS:
42g

One-pot Oriental Lamb

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 75 Minutes

DIRECTIONS

1. Combine the spinach, onions, garlic, turnips, mustard, and sherry.
2. Press “Sauté” on the Instant Pot. Add olive oil in the inner pot and give it 1 minute to warm, then sauté onions and garlic until soft, about 5 minutes. Push aside and add the lamb cubes, sautéing just until they get a little brown. Stir in the nutmeg, thyme, rosemary, pimentos, beef bullion, zucchini.
3. Close and lock the lid. Set the value to “Sealing.” Press “Cancel” to stop the “Sauté” function and press “Manual.” Make sure it is set to high pressure. Set the timer to 45 minutes. Remember, it will take a little time to build pressure, so total time in the pot will be closer to an hour.
4. The pot will beep when the cooking cycle ends. Press “Cancel” and allow pressure to release naturally, which should take about 30 minutes. This is important, because the lamb continues to cook during this time.
5. Remove the lid. Serve with a generous portion of the broth.

INGREDIENTS

Serve with a green plate of mixed greens and yogurt dressing
and crisp slashed dill

NUTRITIONAL

CALORIES:
763

PROTEINS:
50g

- 3 cups lamb, deboned and diced
- 2 Tbsps almond flour
- 2 cups fresh spinach
- 4 small red onions, diced
- 2 garlic cloves, minced
- ¼ cup turnip, diced
- 2 Tbsps dry sherry
- 1 Tsp hot mustard
- ¼ Tsp ground nutmeg
- 1 Tsp slashed new thyme
- 1 Tsp cut fresh rosemary
- 5-6 pimentos
- 1 1/3 cups beef bullion
- 8 small zucchinis, diced
- 2 Tbsps olive oil

NUTRITIONAL

CALORIES:
763

PROTEINS:
50g

Mediterranean Meatloaf

SERVES: 6-8 PLANNING TIME: 10 Minutes COOKING: 35 Minutes

DIRECTIONS

1. Place all ingredients, except garnish, in a blending dish and
mix well by hand.
2. Lay out a piece of foil about 18 inch x 18 inch square. Pour the meatloaf mixture into the center of the foil and for into a loaf shape. Crinkle the foil around the meatloaf.
3. Pour 1 cup of water into the instant pot, followed by the rack. Put the foil wrapped meatloaf onto the rack and seal the lid. Set the timer to cook for 25 minutes at high pressure. Natural pressure release for 10 minutes.
4. Remove the meatloaf onto a baking sheet. Set aside.
5. In a small bowl, mix together all of the glaze ingredients. Spoon half of the mixture on top of the meatloaf.

Optional: Place the glazed meatloaf under the broiler for a few minutes to caramelize.

INGREDIENTS

Serve with a green plate of mixed greens and yogurt dressing
and crisp slashed dill

NUTRITIONAL

CALORIES:
474

PROTEINS:
23g

- 3 cups lean ground pork
- 2 large eggs
- 2 small zucchini, shredded and depleted
- 1 red onion finely chopped
- 1 red pepper
- 1 container hard cheddar of your inclination – Parmesan or Cheddar, shredded
- 2 Tbsps olive oil
- 1 Tbsp dry oregano
- Salt and pepper to taste

Topping:

- ¼ Tsp of ketchup
- 2 Tbsp shredded cheddar, melted

NUTRITIONAL

CALORIES:
474

PROTEINS:
23g

Moderate BBQ-ish Ribs

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 40 Minutes

DIRECTIONS

1. Coat the ribs with the dry seasonings,
2. Place the wire trivet rack in the bottom of the instant pot.
3. Add the olive oil, tomato paste, water, vinegar and worcestershire sauce to the instant pot.
4. Place the ribs upright, with the meat side facing out. If you're using one large rack of ribs, then circle them around the pot.
5. Secure lid and close vent.
6. Press "manual" or "pressure cook" and cook on high pressure for 25 minutes.
7. When the timer beeps, allow the pressure to naturally release for 15 min, then turn the valve to quick release.
8. Carefully remove ribs to a large, foil-lined baking sheet and slather them in BBQ sauce.

INGREDIENTS

- 3 pounds pork ribs
- 4 Tbsps dry mustard
- 1 loading Tsp ground cumin
- Salt and pepper to taste
- 1 Tbsp of olive oil
- 1 can - 2.8 oz tomato paste
- ½ cup hot water
- ½ cup vinegar
- 6 Tbsps Worcestershire sauce

NUTRITIONAL

CALORIES:
899

PROTEINS:
48g

Serve with avocado slices marinated in olive oil, salt, and fresh slashed dill

NUTRITIONAL

CALORIES:
899

PROTEINS:
48g

Steak and Salsa

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 60 Minutes

DIRECTIONS

1. Combine salsa ingredients together and mix well. Set aside
2. Place the beef into the base of the pressure cooker add hot water. Add the red peppers, onion and butter. Add the salsa ingredients. Blend well in the instant pot. Add the dry spices.
3. Steam valve: Sealing.
4. Cook on: Manual/High for 60 minutes.
5. Release: Natural or Quick
6. Serve with your choice of garnish

Serve with a green plate of mixed greens and yogurt dressing.

INGREDIENTS

- 2 ½ cups salsa
- 2 large tomatoes, diced
- 1 Tbsp olive oil
- 1 small red onion finely diced
- ½ bundle of cilantro slashed
- Salt and pepper to taste
- 2 pounds ground beef
- 2 red peppers, diced
- 1 onion, cut in semi-circles
- 4 Tbsps butter
- 2 Tbsps of blended dry flavoring:
- 1 Tsp ground cumin
- ½ Tsp sweet paprika powder
- ½ Tsp paprika flakes
- 1 Tsp garlic salt
- ½ Tsp freshly ground

NUTRITIONAL

CALORIES: 154

PROTEINS: 38g

black pepper

NUTRITIONAL

CALORIES:
154

PROTEINS:
38g

Hamburger Pot Roast with Turnips

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 75 Minutes

DIRECTIONS

1. Season beef with salt and pepper liberally.
2. Turn the pressure cooker to saute. Once hot, ad in the oil. Sear meat on all sides, 3-4 minutes per side. Remove meat from inner pot.
3. Pour in beef broth and scrape up any browned bits on
bottom of instant pot.
4. Add beef back into pressure cooker, along with the onions
and butter.
5. Cook on high pressure for 20 minutes per pound.
6. Allow pressure to release naturally for 10 minutes.
7. Open instant pot and add in turnips, rosemary, and thyme, seal pressure cooker and cook on high pressure for 20 minutes.
8. Allow pressure cooker to naturally release pressure for 10-20 minutes before releasing any remaining pressure. Serve.

INGREDIENTS

- 3 pounds hamburger
- 2 Tbsps olive oil
- 1 red onion, cut into little pieces
- 1 cup meat stock + 2 cups boiling water
- 4 Tbsps butter
- 1 Tsp dry rosemary
- 1 Tsp dry thyme
- Salt and pepper to taste
- 5 medium turnips, peeled, cut into strips

NUTRITIONAL

CALORIES:
540

PROTEINS:
72g

Serve with sour cream and garlic sauce.

NUTRITIONAL

CALORIES:
540

PROTEINS:
72g

Beef Stew

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 60 Minutes

DIRECTIONS

1. Turn the pressure cooker to saute. Once hot add all of the ingredients and blend well.
2. Cook on high pressure for 20 minutes per pound.
3. When the cook time has elapsed, allow for pressure to release for 10-20 minutes.

Serve with cucumber cuts sprinkled with newly hacked dill, coarse salt, and olive oil.

INGREDIENTS

- 3 lbs hamburger,
- 2 jars diced Italian tomatoes
- 1 cup meat bouillon
- 4 Tbsp butter
- 1 Tsp Cayenne pepper
- 1 Tbsp Worcestershire sauce
- 1 Tsp dry oregano
- 1 Tsp dry thyme
- Salt and pepper to taste

NUTRITIONAL

CALORIES:
439

PROTEINS:
62g

Chicken Stew

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Set the Instant Pot to Saute and add the celery, spinach, onion, and garlic. Cook until the onions are soft and translucent, about 5 minutes. Add the chicken broth and water.
2. Season the chicken with desired amounts of salt, pepper and spices and add it to the pot.
3. Place the lid on the pot and ensure the pressure release valve is sealed. Hit Cancel, then hit Pressure Cook and set the timer for 8 minutes. When the time is up, flip the quick release valve.
4. Open the lid and switch the Instant Pot to Soup mode.
5. Add the cream, stir until well combined.
6. Let the stew simmer for about 5 minutes, if it begins to bubble, hit cancel, then hit warm.
7. Garnish as desired and serve!

Serve with avocado cuts finished with sour cream and shredded cheddar.

INGREDIENTS

- 2-½ pounds chicken thighs, deboned and cubed
- 1 cup chicken broth + 1 cup hot water
- 3 diced celery sticks (around 1 ½ cups)
- 2 cups fresh spinach
- 1 red onion, diced
- 2 garlic cloves, minced
- 1 Tsp dry oregano
- 1 Tsp dry thyme
- 1 Tsp dried rosemary
- 1 cup cream
- Salt and pepper to taste

NUTRITIONAL

CALORIES: 404

PROTEINS: 57g

Steak Goulash

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 35 Minutes

DIRECTIONS

1. Set Instant Pot to “saute” function. Add butter.
2. When butter is melted, add meat. Turn beef every 15-20 seconds or so until all sides are browned.
3. Add leeks and tomatoes and sauté for another minute.
4. Add beef stock, oregano and cumin.
5. Place lid on Instant Pot, turn to close, and set tab to “sealing”.
6. Press “meat/stew” setting (or high pressure for 20 minutes).
7. Allow to naturally release for 8-10 minutes before switching tab to “venting”.
8. Allow Instant Pot to release pressure and remove lid. Press “saute” function

INGREDIENTS

- 3 pounds meat steak, cubed
- 4 Tbsps butter
- ½ cup cut leeks
- 2 cups Italian diced tomatoes
- 1 cup stock, meat
- 1 Tbsp paprika
- 1 Tsp dried oregano
- ½ Tsp ground cumin
- Salt and pepper to taste

NUTRITIONAL

CALORIES: 725

PROTEINS: 62g

One-Pot Chicken and Green Beans

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 15 Minutes

DIRECTIONS

1. Add olive oil and water to the Instant Pot.
2. Add the chicken to the pot.
3. Add green beans, tomatoes, garlic, dill, and squeeze the lemon into the pot.
4. Add the butter and chicken stock
5. Cover the pot and secure the lid. Set valve to sealing. Set the manual/pressure cook time to 5 minutes. When the pot beeps indicating that the time is up let the pot sit there for 5-10 minutes and then perform a quick release by moving the valve to venting.
6. Open the pot and scoop the chicken and vegetables onto
serving plates. Eat and enjoy!

Serve with avocado cuts finished with sour cream and shredded cheddar.

INGREDIENTS

- 6 chicken thighs, skin on
- 2 cups green beans, trimmed
- 2 large beef tomatoes, diced
- 1 red onion, diced
- 2 garlic cloves, minced
- 1 cup chicken stock
- 1 bundle fresh dill (around 1/8 container)
- 1 lemon, squeezed
- 4 Tbsps butter
- Salt and pepper to taste
- 2 Tbsps olive oil

NUTRITIONAL

CALORIES:
233

PROTEINS:
26g

CHAPTER 5:
SEAFOOD RECIPES

Spaghetti Squash with Shrimp Scampi Pt. 1

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 30 Minutes

DIRECTIONS

1. Pour soup into the simmering pot and mix in the lemon garlic flavoring, onion, and spread.
2. Place the spaghetti squash and cook on high for a considerable length of time.
3. Once cooked, expel the spaghetti squash from the stewing pot and run a fork through the meat to make the strands.
4. Place the squash strands back to the stewing pot and include the shrimps.
5. Season with salt and pepper.
6. Continue cooking on high for 30 minutes or until the point that the shrimps have turned pink.
7. Press the “saute” button on your instant pot to start heating. Add the chicken stock, onion, lemon garlic spice, ghee and let cook for a minute or so.

CONTINUE ON NEXT PAGE

INGREDIENTS

- 2 cups chicken stock
- 1 small onion, hacked
- 2 ½ Tsp lemon-garlic flavoring
- 1 Tbsp spread or ghee
- 3 pounds spaghetti squash, cut across and seeds evacuated
- ¾ pounds shrimp, shelled and deveined
- Salt and pepper to taste.

DIRECTIONS (CONTINUED)

1. Press the saute button again to turn off the saute function. Add your whole spaghetti squash to the pot. Put your lid on the Instant Pot, making sure that the dial is turned to “sealing”. Set to manual for 20 minutes.
2. Once the Instant Pot has finished cooking, turn your dial to “venting” for a quick release. When the pot has depressurized, you can use two forks (you’ll be able to just stick them right in each side of the squash) to pull out the spaghetti squash and put it on a cutting board. Cut it in half lengthwise, remove the seeds from the center and discard (unless you want to roast them!) then use your forks to remove the spaghetti-like strands from the shell.
3. Press the saute button again on your Instant Pot and add the shrimp to your sauce, stirring until they’re opaque and fully cooked. Turn off the saute function.

NUTRITIONAL FACTS
CALORIES: 363.3
PROTEINS: 33g
NUTRITIONAL FACTS
CALORIES: --
FATS:
CARBS: 1g

SERVES: 4 PLANNING TIME: 5 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Add coconut, water, red curry sauce, lemon juice and half of the cilantro to the Instant Pot.
2. Close lid and seal valve. Set high pressure and cook for 10 minutes. Quick release the pressure.
3. Add the shrimp. Turn the Instant Pot to the warm setting and let the shrimp cook until done 10-15 minutes. Garnish with remaining cilantro before serving

INGREDIENTS

- 1 can light coconut milk drain
- 15-ounces water
- ½ cups Thai red curry sauce
- 2 ½ Tsps lemon juice
- 1 Tsp garlic powder
- ¼ cups cilantro
- Salt and pepper to taste
- 1-pound shrimp peeled and deveined

Coconut Cilantro Shrimp Curry

SERVES: 12 **PLANNING TIME: 5 Minutes** **COOKING: 4 Minutes**

DIRECTIONS

1. Put water in the Instant Pot and then put in the steamer rack making sure the handles are extended up.
2. Place salmon, skin down on rack.
3. Drizzle salmon with lime juice and cover with onion, ginger and lime slices.
4. Close the Instant Pot and make sure vent is turned to “Sealing”. Plug it in, press “Steam” and press the + or – buttons to set it to 3 minutes..
5. When the Instant Pot beeps that it’s done, quick release the pressure, being careful to stay out of the way of the steam that will shoot up. Press the “Warm/Cancel” button. Remove lid, and using hot pads, carefully remove rack with salmon and set on a plate.
6. Serve salmon, with the lime and ginger garnish

INGREDIENTS

- 3 lbs salmon fillet, deboned
- 1 onion, cut
- 1 lime, sliced
- 1/4 cups lime juice
- 1/4 cup fresh ginger, minced

al Lime Ginger Salmon

SERVES: 8 PLANNING TIME: 10 Minutes COOKING: 8 Minutes

DIRECTIONS

1. Select Sauté. Add the olive oil to the inner pot.
2. Add the shrimp and garlic to the pot and sauté for 2 minutes. Add the chopped red pepper and season with the paprika, salt and black pepper. Sauté for an additional 3–5 minutes, or until the shrimp is opaque, and then select Cancel to turn off the heat.
3. Transfer the shrimp and sauce to a large bowl.

INGREDIENTS

- 2 lbs fresh shrimp, peeled and deveined
- 1/4 Tsp chopped red pepper
- 1/4 Tsp ground black pepper
- 1 tsp paprika
- 6 garlic cloves, minced
- 3/4 cups olive oil
- 1 tsp genuine salt

Garlic Smoked Paprika Shrimp

SERVES: 20 **PLANNING TIME: 10 Minutes** **COOKING: 5 Minutes**

DIRECTIONS

1. In an Instant Pot, combine shrimp, spinach, artichokes, old bay, Worcestershire sauce, onion, cream and cream cheese.
2. Close the lid, turn the function to manual and cook for 5 minutes under high pressure.
3. Remove the lid and stir in cheeses and hot sauce.
4. Season to taste with salt and pepper.

INGREDIENTS

- 8 oz fresh shrimp, peeled and deveined
- 12 oz can of artichoke hearts
- 1-1/2 Tsp old bay flavoring
- 1 tbsp Worcestershire sauce
- 1/2 cups green onion, diced
- 1/2 cups heavy cream
- 8 oz cream cheese

Creamy Artichoke and Shrimp Dip

SERVES: 2 PLANNING TIME: 5 Minutes COOKING: 5 Minutes

DIRECTIONS

1. Put water in the Instant Pot and then put in the steamer rack making sure the handles are extended up.
2. Place salmon, skin down on rack.
3. Drizzle salmon with lemon juice and cover with capers, rosemary and lemon slices.
4. Close the Instant Pot and make sure vent is turned to “Sealing”. Plug it in, press “Steam” and press the + or – buttons to set it to 3 minutes..
5. When the Instant Pot beeps that it’s done, quick release the pressure, being careful to stay out of the way of the steam that will shoot up. Press the “Warm/Cancel” button. Remove lid, and using hot pads, carefully remove rack with salmon and set on a plate.
6. Serve salmon, with lemon and rosemary garnish

INGREDIENTS

- 8 oz salmon
- 1/4 Tsp crisp rosemary, minced
- 1 tbsp capers
- 1 fresh lemon, cut
- 2 tbsp lemon juice
- 1/3 cup water

Rosemary Capers Salmon

SERVES: 4 PLANNING TIME: 5 Minutes COOKING: 15 Minutes

DIRECTIONS

1. Start by pouring the water into the Inner Pot then place the
trivet in which comes with the Instant Pot.
2. Place the salmon fillets on the trivet skin side down and squeeze lemon over the salmon and cooking wine.
3. Lay the onion, tarragon, dill and parsley on the salmon and sprinkle with salt and pepper.
4. Put the lid on, close the valve and select Steam. Adjust to 3 minutes and when cooked, do a Quick Pressure Release.
5. Serve immediately.

INGREDIENTS

- 2 cups water
- 1 bottle cooking wine, white
- 1 lemon, cut thin
- 1 small onion, cut thin
- 1 blended fresh tarragon, dill, and parsley
- 2-1/2 pounds salmon fillet, skin on
- 1 Tsp salt
- 1 Tsp new ground dark pepper

NUTRITIONAL FACTS
CALORIES: 77
FATS:
PROTEINS: 50g
CARBS: 2g

SERVES: 8 PLANNING TIME: 5 Minutes COOKING: 15 Minutes

DIRECTIONS

1. Use the “sauté function on your instant pot or pressure cooker to cook the onions in 2 tablespoons of olive oil, until browned and softened (about 3 minutes).
2. Add the pepper, spinach, and garlic. Sauté until fragrant (about 30 seconds).
3. Add the chicken stock, tomatoes, tomato paste, olives, white wine, basil, and fennel seeds.
4. Turn the “sauté” function off, cover and seal your Instant pot,
and set manual pressure to “high” for 5 minutes.
5. Once your pressure cooker is done, quick release the pressure until the float valve is depressed.
6. Open the instant pot and turn the “sauté” function back on. Once the broth mix is simmering (which shouldn’t take long since it’s piping hot already), add the fish pieces and simmer for about 5 minutes, until fish is just cooked and flakes apart easily.
7. Turn off “sauté” function and stir. Taste and adjust seasoning if necessary.
8. Serve immediately

INGREDIENTS

- 1 red onion, diced
- 1 green pepper, sliced
- 1 cup fresh spinach
- 2 garlic cloves, minced
- 1 can diced Italian tomatoes
- 2 cups chicken stock
- 2 Tbsp tomato paste
- 1 cup sliced black olives
- 1 bottle dry white wine
- 1 Tsp dry basil
- ¼ Tsp crushed fennel seeds
- 1-¾ cups medium-sized shrimp, peeled and deveined
- 1-¾ cups cod, cubed
- Salt and pepper to taste

NUTRITIONAL FACTS

CALORIES: 81

PROTEINS: 36g

FATS:

CARBS: 9g

SERVES: 4 PLANNING TIME: 10 Minutes COOKING: 9 Minutes

DIRECTIONS

1. Set Instant Pot to Saute function. Add butter and oil to pot and melt. Add lemon juice and garlic and cook for about a minute more.
2. Add paprika, red pepper flakes, parsley, salt, black pepper. Stir and cook for about 1 minute. Add red peppers.
3. Add shrimp on top. Turn off Instant Pot and cover. Make sure valve is set to sealing.
4. Set Instant Pot to Manual Mode and set a 5 minute timer. When done, quick release.
5. Remove shrimp from pot. Serve with Cilantro.

INGREDIENTS

- 1/4 cup butter
- 1/4 cup olive oil
- 1/2 lbs shrimp, peeled and deveined
- 4 cloves garlic minced
- 4 Tbsp lemon juice
- 1 tsp paprika
- 1/2 Tsp red pepper flakes (to taste)
- 4 Tbsp level leaf parsley slashed
- salt and ground pepper to taste

Catalan Shrimp Dish

Shrimp ala Pimiento Appetizer

SERVES: 4 PLANNING TIME: 5 Minutes COOKING: 5 Minutes

DIRECTIONS

1. Combine the olive oil, garlic, pimento, crushed red pepper
drops, salt, dark pepper in your Instant Pot
2. Cook for 2 hours
3. Open the top and include the shrimp (peeled and deveined); blend well to coat equally.
4. Cover the cover and cook on HIGH for around 15-20 minutes.
5. Transfer the shrimp alongside sauce to a serving plate.
6. Sprinkle with hacked parsley and serve.
7. Place oil, garlic, shrimp and shrimp into a 6-qt Instant Pot.
8. Add seasoning: red pepper flake, salt and pepper.
9. Close the Instant Pot and make sure the valve points to Sealed.
10. Select manual setting and adjust pressure to high, and set time for 2 minutes. When finished cooking, quick-release pressure according to manufacturer's directions.
11. When the Instant Pot beeps and the cooking has finished, do a quick-release.

INGREDIENTS

12. Serve shrimp boil immediately, drizzled with the butter and
garnished with chopped parsley

NUTRITIONAL

CALORIES:
362.89

PROTEINS:
0.22g

- 3/4 cup additional virgin olive oil
- 4 cloves garlic, finely cut
- 2 lbs additional large (26-30 check) crude shrimp, peeled and deveined
  1 tsp pimento (or to taste)
- 1/4 Tsp pounded red pepper flakes (or to taste)
- Fit salt and newly ground pepper to taste
- 1 Tbsp fresh parsley, for embellish

NUTRITIONAL

CALORIES:
362.89

PROTEINS:
0.22g

CHAPTER 6:
SIDE DISHES

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 20 Minutes

DIRECTIONS

1. To influence the balsamic decrease, to warm the balsamic vinegar in a small pan over medium warmth; heat to the point of boiling.
2. Reduce considerably and afterward cook for 6 to 8 minutes. Put aside to cool.
3. Grease the base of your Instant Pot with olive oil.
4. Wash and trim Brussels sprouts then place them in the base your Instant Pot.
5. Top with the spread, olive oil and salt and pepper to taste.
6. Cover and cook on HIGH for 1 to 2 hours, or on LOW for 3 to 4 hours
7. When prepared, shower with balsamic vinegar and best with toasted pecans and parmesan cheddar.
8. Serve.

INGREDIENTS

- 2 lbs Brussels sprouts, trimmed and divided
- 2 Tbsp olive oil
- 2 Tbsp unsalted spread, cubed
- 1/4 cups pecan parts, toasted
- 1/4 cups balsamic vinegar
- 1/4 bottle ground Parmesan cheddar (discretionary)
- Legitimate salt and ground pepper, to taste

Balsamic Brussels Sprouts with Pecans

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Slice the eggplant and salt it; put in a colander for 2 hours that the astringent juices can deplete.
2. Heat the oil in a griddle and sauté green onion and garlic
until delicate.
3. Add kale, eggplants, and broccoli; sauté, blending, for 2 minutes more.
4. Transfer the mixture to your Instant Pot; include water, tomato, dried herbs, salt and pepper to taste.
5. Stir well and cover the top. Cook on HIGH for 4 hours.
6. Serve hot.

INGREDIENTS

- 1 Tbsp olive oil
- 4 cups crude kale, cleaved
- 2 cups eggplant, diced
- 1 cup broccoli florets
- 1 plum tomato, diced
- 1 green onion, chopped.
- 4 cloves garlic, minced.
- 1 cup water
- 2 tsp dried herb flavoring.
- Salt and pepper to taste

Braised Eggplant and Kale

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 6 Minutes

DIRECTIONS

1. Add water to your Instant Pot insert. Place steamer basket inside. Arrange Brussels sprouts in the basket.
2. Close the Instant Pot lid, set valve to sealing, press "manual" or "pressure cooking" setting and set timer to 3 minutes. The pressure cooker will take a few minutes to come to pressure and will start cooking.
3. Once done, quickly release pressure by switching the valve to "venting" position.
4. Remove Brussels sprouts from the Instant Pot. Drain water out of the insert. Set the Instant Pot to "saute" setting. Add olive oil to insert. Add onions and garlic and saute for 2 minutes. Add bacon and cook until crispy and browned. Add Brussels sprouts and stir, sauteeing for a few minutes. Turn off the Instant Pot. Remove Brussels sprouts onto serving dish.

INGREDIENTS

- 2 lbs Brussels sprouts, trimmed and divided
- 1 Tbsp Olive oil
- 6 cups bacon, chopped
- 4 Tbsp cup chopped green onion
- 4 garlic cloves, minced
- 3/4 cup water
- Salt and ground dark pepper to taste

Flavorful Bacon and Brussels Sprouts

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 7 Minutes

DIRECTIONS

1. Add all ingredients to pressure cooker.
2. Set pressure to 5 minutes.
3. Quick release stir to mix ingredients.
4. Serve as desired

INGREDIENTS

- 3 cups cleaved eggplant
- 3/4 cup set green olives, sliced
- 1 tomato chopped
- 2 cloves garlic, minced
- 2 tsp capers
- 1 Tbsp of fresh basil
- salt and pepper, to taste

Eggplant and Olives - Caper Puree

Pounded Cauliflower with Sour Cream (Instant Pot)

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 8 Minutes

DIRECTIONS

1. Set the Instant Pot to sauté and heat up a bit of the butter; add the garlic and cook for 1 minute, or until garlic is golden brown on all sides.
2. Pour in water and stir for 1 minute.
3. Place steamer basket inside the Instant Pot and add cauliflower florets.
4. Close the lid and set the valve to sealing.
5. Set on manual setting and cook on high pressure for 3 minutes; quickly release the pressure and open up the lid half-way. Let stand 3 minutes.
6. Drain out the liquid and transfer cooked cauliflower and garlic to a food processor or blender. Add butter, sour cream, and seasonings; pulse until blended and creamy.
7. Garnish with fresh parsley. Serve.

INGREDIENTS

- 1 large head of cauliflower florets
- 1 cup water
- 1/2 cup sour cream
- 4 Tbsp butter
- 1/2 Tsp garlic minced
- 1/2 Tsp onion powder
- Salt and ground white pepper to taste
- New and slashed parsley for decorate

NUTRITIONAL

CALORIES: 140.96

PROTEINS: 3.21g

Pearled Cabbage and Bacon Crumble

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 8 Minutes

DIRECTIONS

1. Select the SAUTE feature on your Instant Pot and cook
   bacon until lightly browned, 4 to 5 minutes.
2. Add butter and stir until melted.
3. Place the chopped cabbage and pearl onions into the pot and pour in water. Add salt and black pepper to taste and toss the cabbage until coated.
4. Secure the lid to your Instant Pot and turn the heat to HIGH PRESSURE. When the cooker reaches full pressure, cook for 3 minutes.
5. Use the quick-release method to reduce the pressure. Transfer cabbage to a serving dish and serve hot.

INGREDIENTS

- 1 head of cabbage, chopped
- 1 cup bacon, crumbled
- 1 cup pearl onions
- 6 cups water
- 4 Tbsp butter
- salt and pepper to taste

NUTRITIONAL FACTS

CALORIES: 153.35
FATS: 15.24g
PROTEINS: 2.33g
CARBS: 2.17g

SERVES: 4 PLANNING TIME: 15 Minutes COOKING: 6 Minutes

DIRECTIONS

1. Select the SAUTE feature on your Instant Pot and cook garlic
until lightly browned.
2. Add butter and olive oil, stir until melted.
3. Place the rosemary and chopped cabbage and pearl into the pot. Add the nuts, salt and black pepper to taste and toss the cabbage until coated.
4. Secure the lid to your Instant Pot and turn the heat to HIGH PRESSURE. When the cooker reaches full pressure, cook for 3 minutes.
5. Use the quick-release method to reduce the pressure. Transfer cabbage to a serving dish and serve hot.

INGREDIENTS

- 2 Tbsp butter
- 1 Tbsp olive oil
- 2 cloves garlic cut
- 1 rosemary sprig leaves finely sliced
- 1 lb Savoy cabbage, finely cut (or shredded)
- 1/2 cup nuts
- Salt and naturally ground pepper to taste

NUTRITIONAL FACTS

CALORIES: 114.27
FATS:
PROTEINS: 2.45g
CARBS: 7.37g

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 4 Minutes

DIRECTIONS

1. Add a cup of water to the pot.
2. Place the vegetables inside the steam basket or the ovenproof dish and place inside the pot. Season vegetables with a generous pinch of sea salt and pepper.
3. Place and lock the lid, make sure the steaming is pointing to sealed. Press Manual, High Pressure and set to 2 minutes. Once the time is up, allow the pressure to release naturally for a couple of minutes and then use the quick release method to let out the rest of the pressure. Open the lid once the pressure valve is all the way down again.
4. Remove the steam basket from the pot and transfer the vegetables to a serving bowl. Drizzle with balsamic vinegar, olive oil and garnish with basil and thyme. Serve while hot.

INGREDIENTS

- 2 cups okra, cut
- 1 cup grape tomatoes
- 2 cups pepper, chopped
- 1 ½ cups onion, chopped
- 2 ½ cups zucchini, diced
- 1 cut mushroom, cut
- ½ cups balsamic vinegar
- ½ bottles olive oil
- 2 Tbsps basil, chopped
- 1 Tbsp thyme

Summer Veggies Side Dish

Simmered Vegetables Side Dish

SERVES: 6 PLANNING TIME: 15 Minutes COOKING: 10 Minutes

DIRECTIONS

1. Pour water or broth into the bottom of your Instant Pot. Place steamer basket into the Instant Pot. Fill steamer basket with prepared peppers, zucchinis, and garlic.
2. Cover the Instant Pot and secure the lid. Make sure valve is set to “sealing.” Set the manual/pressure cook button to 5 minutes. When the timer beeps indicating the time is up let the pot sit for 5 additional minutes. Then move the valve to venting.
3. Open the pot move vegetables to a serving bowl and sprinkle with olive oil, italian flavoring and parmesan cheese.

INGREDIENTS

- 2 ringer peppers, cut
- 2 large zucchinis, cut
- ½ cup peeled garlic cloves
- Salt and pepper to taste
- 2 Tbsp olive oil
- 1 Tsp Italian flavoring
- ¼ cup parmesan cheese.

NUTRITIONAL FACTS

CALORIES: 127
FATS: 15.3g
PROTEINS: 2g
CARBS: 8.6g

CHAPTER 7:
SOUPS

Ground Beef Zucchini Soup

SERVES: 5 PLANNING TIME: 10 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Turn the pot on to the Sauté setting. Add the ground beef and the onions. Cook, stirring occasionally, until the meat is cooked.
2. Add the zuchinni, celery, carrot, garlic, oregano and basil. Stir.
3. Dump the can of diced tomatoes on top and do not stir.
4. Close the lid and set the steam release knob to the Sealing position.
5. Cancel the Sauté setting. Press the Pressure Cook/Manual button or dial and then the + or - button or dial to select 7 minutes. Make sure it is set to High pressure. It will take several minutes to come to pressure.
6. When the cooking cycle is finished, let the pot sit undisturbed for 15 minutes (15 minute natural release). Then carefully, in short bursts at first, release the remaining steam manually, by turning the steam release knob to the Venting position.
7. Stir the soup well to incorporate the tomato paste.
8. Serve as desired

INGREDIENTS

- 1 lb ground meat
- 1/2 Tsp basil, dried
- 1/2 Tsp oregano, dried
- 1 tbsp garlic, minced
- 28 oz can of tomatoes, diced
- 1/2 cup vegetable juices
- 1 celery stalk, diced
- 1 carrot, diced
- 1 onion, diced
- 2 small zucchini, diced

NUTRITIONAL

CALORIES:
226

PROTEINS:
30.5g

Yummy Chicken Vegetable Soup

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Turn Instant Pot on “Saute” settings, add lime juice, onions and garlic. Cook until soft.
2. Add chicken and sear on both sides until brown. Add broth, cilantro, cumin, and tomato juice.
3. Close the lid and pressure cook on high pressure for 15 minutes. (These are the steps we did for our Instant Pot- Press “Cancel” to stop the “Saute” setting. Press the “Manual” button. Set the time to 15 minutes.)
4. After the cooking time is complete, press “Cancel” and carefully release the pressure.
5. Once pressure completely releases, open lid and gently shred the chicken. If you like cubed chicken in your soup, you can remove the chicken then cut it into small bite sized pieces and then return to the broth.
6. Add the jalapeno, tomato and carrots. Close lid and pressure cook for an additional 5 minutes. When cooking has finished press “Cancel” and release the steam pressure again.
7. Season to taste with additional salt and pepper. Garnish as desired. Serve warm.

INGREDIENTS

- 4 cups chicken, boneless, cooked and diced
- 4 tsp garlic, minced
- 2/3 cups onion, diced
- 2 tbsp lime juice
- 6 cups chicken stock
- 1/2 cup cilantro
- 1 tbsp cumin
- 1-3/4 cups tomato juice
- 1/4 cup jalapeno, diced
- 1/2 cup tomato, diced
- 1-1/2 cups carrot, diced
- 2 tsp ocean salt

NUTRITIONAL FACTS

CALORIES: 192
FATS: 3.8g
PROTEINS: 29.2g
CARBS: 9.8g

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 20 Minutes

DIRECTIONS

1. Set cooker to sauté function. When display reads “Hot” add the oil. Then add the turkey and onion.
2. Add the rosemary and garlic. Cook, stirring occasionally, until turkey is just cooked.
3. Add the broth. Stir well and let it come to a simmer.
4. Put the pressure cooker lid on and lock in place. Set the steam release knob to the Sealing position.
5. Cancel the sauté function and set the pot to Pressure Cook (Manual) and use the + or - button (or dial) to choose 5 minutes.
6. When cook time has finished, let the pot sit undisturbed for 10 minutes (10 minute Natural Release). Then turn the steam release knob to the Venting position and let the remaining steam out.
7. Stir in the kale and let it sit for a couple of minutes to wilt the kale.
8. Stir and serve as desired.

INGREDIENTS

- 3 cups turkey meat, cut into pieces
- 3 cups kale, chopped
- 2 rosemary sprigs
- 4 cups chicken stock
- 2 garlic cloves, minced
- 2 carrots, peeled and chopped
- 1/2 onion, chopped
- 1/2 tbsp olive oil

Kale & Turkey Soup

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 30 Minutes

DIRECTIONS

1. Using the sauté setting of the electric pressure cooker, sauté
   the peppers and tomatoes for about 5 minutes.
2. Add the onion powder, thyme, parmesan cheese, basil and garlic, salt, sauté for 1-2 minutes more.
3. Turn off heat and stir.
4. Secure the lid and cook using the soup setting, or cook for
   15 minutes at high pressure.
5. Allow the pressure to release naturally for 10 minutes, then manually release remaining pressure. Remove the lid.
6. Puree the soup using an immersion blender.
7. Add the cream, and stir until well blended.
8. Taste and adjust seasonings as desired.

INGREDIENTS

- 28 oz tomatoes, diced
- 1/2 cup parmesan cheese
- 1/2 heavy cup cream
- 1/4 Tsp red pepper pieces
- 1 tbsp onion powder
- 1/2 tbsp thyme, dried
- 10 basil fresh
- 3 tbsp garlic, minced

Creamy Tomato Basil Soup

Creamy Coconut Tomato Curried Soup

SERVES: 8 PLANNING TIME: 10 Minutes COOKING: 20 Minutes

DIRECTIONS

1. Put all ingredients into the Instant Pot and cook on High for 5 minutes. Allow the pot to sit undisturbed for 10 minutes. After that, release pressure.
2. Remove from the pot and use an immersion blender to mix all the ingredients together and get a smooth soup.
3. Garnish and serve as desired

INGREDIENTS

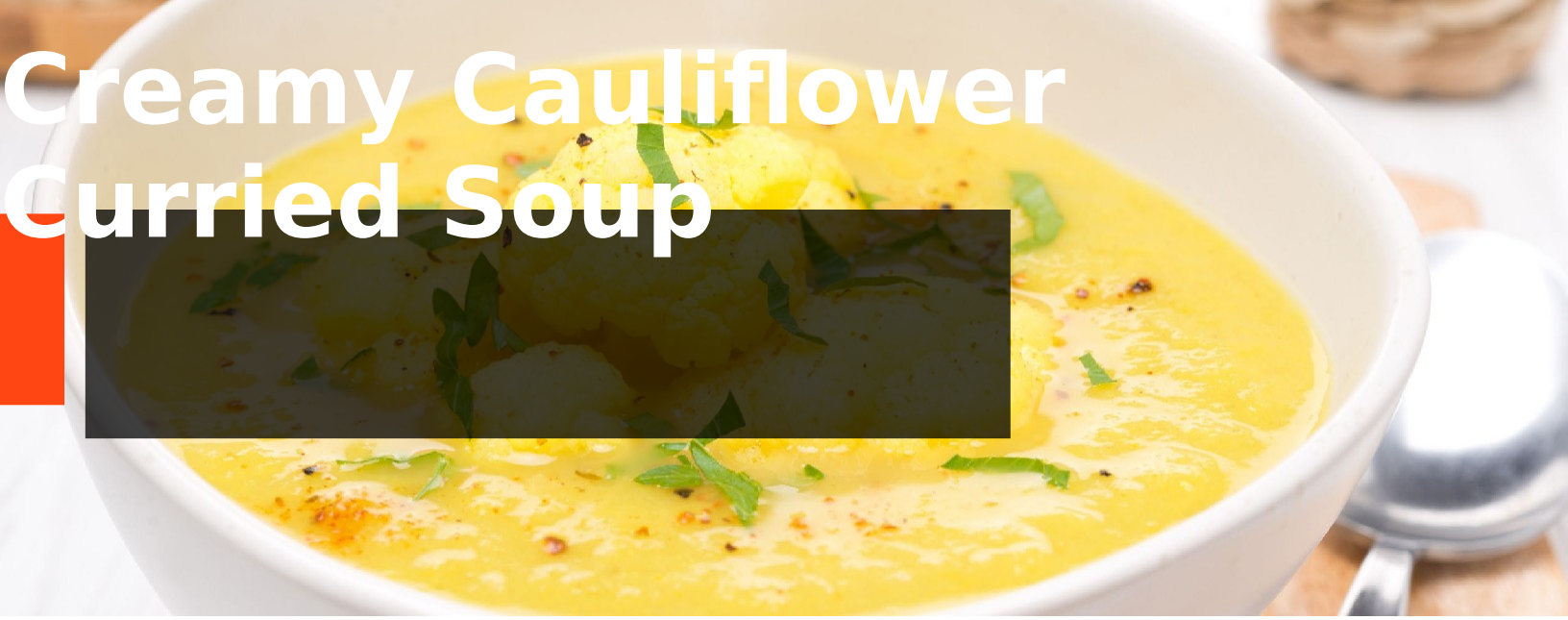
- 4 lbs tomatoes, cored and diced
- 2 tbsp onion, minced
- 1 tsp garlic, minced
- 2 tsp curry powder
- 2 cups coconut drain
- 1 cup water
- 1 tsp salt

NUTRITIONAL

CALORIES:
182

PROTEINS:
3.5g

Creamy Cauliflower Curried Soup



SERVES: 4 PLANNING TIME: 10 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Set your Instant Pot to Saute and cook cauliflower, onion and garlic about 5 minutes, stirring occasionally.
2. Combine water, cumin and curry powder. Pour over vegetables.
3. Cover and set at Soup setting for 15 minutes.
4. Release steam according to manufacturer’s directions.
5. Remove cover. Using an immersion blender and puree until smooth.
6. Garnish and serve as desired .

INGREDIENTS

- 1 lb cauliflower, cut into florets
- 1/4 Tsp cumin
- 3 tsp curry powder
- 2 garlic cloves, minced
- 1 onion, minced
- 2 1/2 cups water

NUTRITIONAL

CALORIES:
47

PROTEINS:
2.9g

1 Creamy Mushroom Soup Pt.

SERVES: 6 PLANNING TIME: 10 Minutes COOKING: 30 Minutes

DIRECTIONS

1. Before you begin cooking, have all of the vegetables chopped, and the other ingredients ready to go.
2. Turn on the pot's Sauté setting. When it is hot, add the butter. Then add the onion. Cook, stirring occasionally, until they are tender, translucent, and have a little bit of browning on them for best flavor.
3. Add the garlic and stir.
4. Add the mushrooms, salt, pepper, and thyme leaves. Cook, stirring frequently, until mushrooms start releasing their liquid and turn a darker shade of brown (they will reduce it size, also).
5. Pour in the broth and stir. Place the lid on the pressure cooker and set the steam release knob to the Sealing position.

INGREDIENTS

- 5 cups chopped mushrooms
- 1/2 cup cream
- 4 new thyme sprigs
- 4 garlic cloves, minced
- 1 onion, diced
- 1 tbsp butter
- 4 cups vegetable soup broth
- Pepper
- Salt

CONTINUE ON NEXT PAGE

Creamy Mushroom Soup Pt. 2

DIRECTIONS (CONTINUED)

6. Cancel the Sauté setting. Then press the Pressure Cook or Manual button or dial, then the +/- button or dial to select 5 minutes. The pot will take several minutes to come to pressure.
7. When the cook cycle has ended, let the pot sit undisturbed for 15 minutes (15 minute Natural Release). Then turn the knob to the Venting position to do a Quick Release of the remaining pressure/steam.
8. When the pin in the lid drops down, turn the pot off and open it. Gently stir the soup.
9. Whisk in the cream.
10. Turn on the Sauté setting and let the soup come to a simmer. Turn off the pot.
11. Use an immersion blender to blend some of the soup.
12. Garnish with a little cream and some fresh parsley.

NUTRITIONAL FACTS

CALORIES: 110
FATS: 7g
PROTEINS: 6g
CARBS: 5g

SERVES: 12 **PLANNING TIME: 15 Minutes** **COOKING: 90 Minutes**

DIRECTIONS

1. Place corned beef, onion, garlic, butter, spices, and 4 cups of water into the instant pot.
2. Cook on 90 minutes using the meat/stew setting or high pressure for 90 minutes. Once time is up, quick release pressure. Remove corned beef to a platter and cover with foil. Let rest while cooking the vegetables.
3. Without discarding liquid, add sauerkraut and cream to the pressure cooker, you may remove the rack if desired.
4. Cook at high pressure for 4-5 minutes. Do a quick pressure release before removing vegetables.
5. Garnish with cheese and serve as desired

INGREDIENTS

- 1 lb sauerkraut
- 8 oz Swiss cheese, shredded
- 2 cups heavy cream
- 1 tbsp mustard seeds
- 1 tsp dill seeds
- 1 tsp coriander seeds
- 1/2 Tsp celery seeds
- 2 lbs corned beef, diced
- 2 tbsp butter
- 3 garlic cloves, minced
- 1 medium onion, diced
- 8 cups beef broth

Garlic Butter Sauerkraut Soup

SERVES: 4 PLANNING TIME: 10 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Begin by preparing your asparagus, by cutting into one-inch pieces
2. Set your instant pot to saute mode and when hot add the butter.
3. When the butter foams add in the onions and cook for 5-7 minutes or until softened.
4. Now add the asparagus and vegetable stock and bring to a boil before cooking on manual mode high pressure for 5 minutes.
5. When your pot beeps allow to natural pressure release for 10 minutes and then blend with a stick blender until you get a smooth soup.
6. Garnish and serve as desired.

INGREDIENTS

- 1 lb asparagus, trimmed and chopped
- 2 tbsp butter
- 1/2 cup onion, chopped
- 2 cups chicken stock
- 1/4 Tsp pepper
- 1/2 Tsp salt

Creamy Asparagus Soup

SERVES: 6 PLANNING TIME: 5 Minutes COOKING: 20 Minutes

DIRECTIONS

1. Place all ingredients in Instant Pot Pressure Cooker.
2. Give it a quick mix. Pressure Cook at High Pressure for 5 minutes + 15 minutes Natural Release
3. Garnish and serve as desired

INGREDIENTS

- 1 1/2 lbs chicken, skinless and boneless, cut into pieces
- 8 oz pepper jack cheddar, shredded
- 15 oz chicken broth
- 15 oz medium salsa

4 Ingredients Chicken Soup

SERVES: 4 PLANNING TIME: 10 Minutes COOKING: 25 Minutes

DIRECTIONS

1. Press the Sauté button on the Instant Pot. When it is hot, add the bacon. Cook, stirring occasionally until crisp.
2. Meanwhile, wash and slice the leeks. Add the leeks to the pot once the bacon is crisp. Cook until soft.
3. Add garlic and cook for about a minute.
4. Stir in the chicken broth, mustard, salt, and pepper
5. Put the lid on. Set the steam release button to Seal. Press the Manual button and reduce (or increase) the time to 7 minutes by pressing the - or + key.
6. Once the cooking cycle has finished, let the steam naturally release for 15 minutes. Manually release the remaining steam.
7. Open the lid. Stir in the coconut milk. Either use an immersion blender to blend the soup, or transfer it to a blender.
8. Transfer to serving bowls and garnish as desired.

INGREDIENTS

- 2 cups chicken
- 1 cup coconut milk
- 6 cups chicken broth
- 1 tsp mustard
- 1 garlic clove, minced
- 3 bacon pieces, chopped
- 2 leeks, copped
- 1 onion, diced
- Pepper
- Salt

ownload your 30 Day Keto Meal Plan to lose weight fast so you don't keep missing out on time with your friends and family.

Bacon Chicken Leek Soup

CONCLUSION

The Ketogenic diet is helpful for your well-being and stamina. This Keto Instant Pot Recipe book can help you save money and time. The variety of recipes will boost your nutritional value, physical and mental acuity. Just try it and you will be hooked.